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FROM BUNS TO GUNS?

AFTER STEALING THE SPOTLIGHT AT HER SISTER'S WEDDING, ROYAL IN-LAW PIPPA MIDDLETON LANDS IN A PAPARAZZO SCANDAL IN PARIS. PAGE 14

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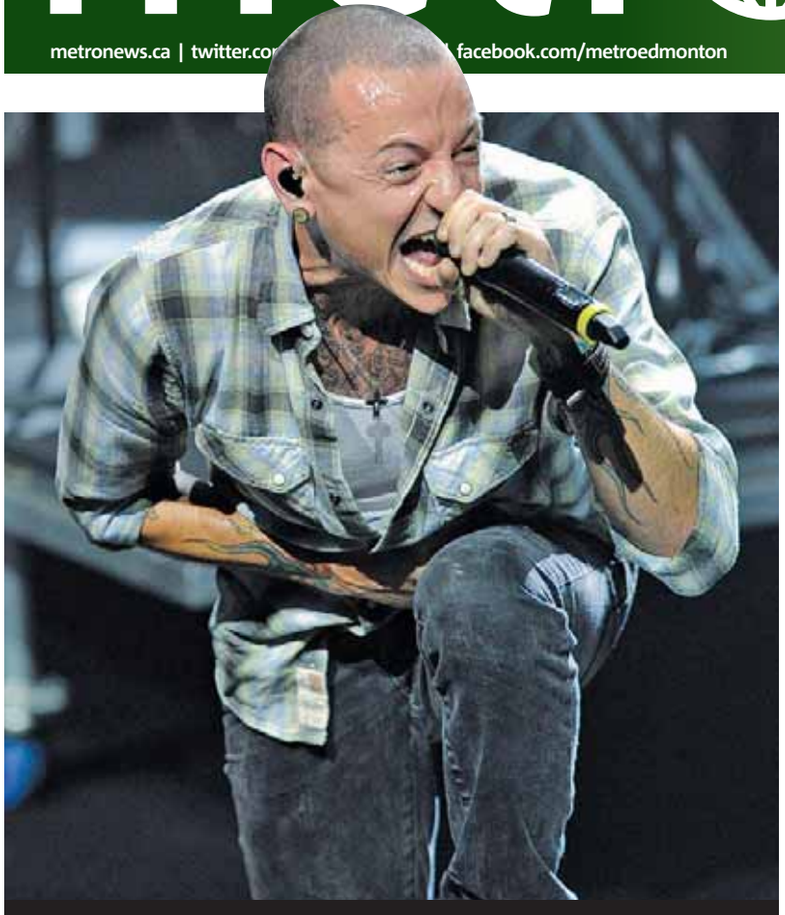

HEADLINER

Chester Bennington of Linkin Park performs during a private concert at the Mayan Theater in Los Angeles in August 2011. Linkin Park and Incubus will headline Sonic Boom. The third-annual festival takes place Sunday, Sept. 2 at Northlands. CHRIS PIZZELLO/THE ASSOCIATED PRESS

Smith: Science not settled on climate change

Global warming. Wildrose official confirmed that leader's statements reflect party policy

The woman leading a front-running party in Alberta's provincial election has cast doubt on the widely accepted scientific theory that human activity is a leading cause of global warming.

Wildrose Leader Danielle Smith made the comment in an online leaders debate organized by two Alberta newspapers.

"We have always said the science isn't settled and we need to continue to monitor the debate," said Smith in response to a direct question from a reader.

"We recognize the world is in a long-term transition away from hydrocarbon fuels. We believe the best way to reduce emissions is through consumer rebates for energy audits, microgeneration and home renovations, as well as broad-based tax breaks for investment in R&D for new environmental technologies."

A Wildrose official confirmed Smith's statement reflects a longtime party policy.

Smith has always been coy about whether she believes carbon dioxide emissions from human activity are altering the Earth's climate.

She declined to respond to Liberal Leader Ray Sherman's question: "Danielle, are you seriously denying climate change?"

But during the debate she said her party believes that not enough is known about climate change.

Progressive Conservative Leader Alison Redford was non-committal on the science.

"Climate change is a real issue on the international stage with respect to energy production, our reputation and ability to export."

THE CANADIAN PRESS

Norway trial gets underway

Accused in mass slaughter unexpectedly emotional on first day PAGE 7

Thomas, Bruins one-up Capitals

Boston able to put four goals past Holtby to take 2-1 series lead PAGE 20

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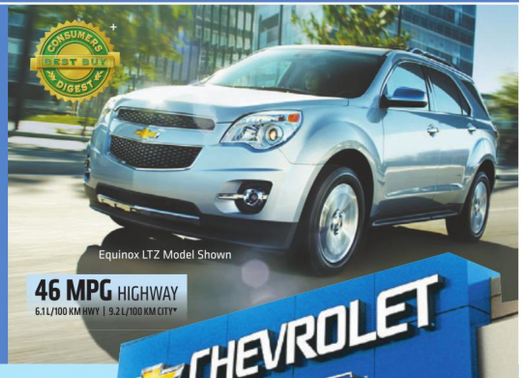

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Missing gift

NAIT offers reward for return of mascot

NAIT is looking for their original ookpik mascot, which went missing five years ago.

The original ook is about eight inches tall and made of sealskin. It was a gift from the Department of Northern Affairs and National Resources in 1964.

The reward for the ookpik's return will be a five-course Chef's Table for six at Ernest's Dining Room. METRO

The original ookpik.
PHOTO COURTESY NAIT

Fielding questions

City police host online town hall

Citizens have an audience with city police in an online town hall running until Thursday.

EPS Staff Sgt. Todd Laycock said the shift to an online format last year just made sense with people's access to the Internet.

"Now people don't have to give up an entire evening to take part," explained Laycock.

Last year's event netted more than 80 questions ranging from concerns of unpasteurized milk being sold at a farmer's market, to traffic issues, Laycock said.

The EPS panel will field questions from 9 a.m. to 3 p.m. every day until Thursday, and respond by 9 a.m. the next day. Participate at Connect2Edmonton.ca
SHELLEY WILLIAMSON/METRO

The proposed food and agriculture policy includes information and research on possibly allowing for backyard chickens, as well as issues such as increasing access to local food in neighbourhoods, improving the health of residents and more. METRO FILE PHOTO

Feathers fly over food conference fee

Fee change. Despite other options for engagement, city councillor and some citizens want lower price

HEATHER MCINTYRE
heather.mcintyre@metronews.ca

The fee for providing input on Edmonton's food and agriculture future could change if one city councillor has a say.

Councillor Dave Loken said he became aware over the weekend of the approximate $200 fee to attend the Food in the City conference May 25 and 26, announced last week as a key step in the development of the city's long-awaited food and agricultural strategy.

"I'm going to ask our planning guys to take a second look at that," Loken said Monday. "We want it to be inclusive. We don't want to disqualify anybody."

The Shaw Conference Centre event includes a keynote speaker, a "Taste of Alberta" reception and buffet lunch, along with a first draft of the strategy.

Local food fan Alain Saffel wonders if things could have been done differently.

"If the city wants widespread participation, I think it would be wise for the city to decrease the fee, at least, to something more reasonable," he said, adding both he and his wife would like to attend. "It's really hard to justify $175 or more for that."

Providing less food at the event or partnering with local businesses to help organize could have helped, said Saffel.

"Why do we, as taxpayers, have to pay (when) they want us to engage?" agreed Tamara Stecyk. "They do have other options."

Early bird tickets

Other opportunities:

- Early bird registration before April 30, available through edmonton.ca, is $175 plus GST then the price is $225 plus GST.
- Then the price jumps to $225 plus GST.
- Other public involvement throughout the spring and summer will include online questionnaires, citizen panels and stakeholder focus groups.
- A final draft of the policy is slated to go before city council in the fall.

1

NEWS

On the web

Tupac rises

While a hologram Tupac hit the stage with Dr. Dre and Snoop Dogg at Coachella, fans, haters and even the hologram rapper himself hit Twitter and YouTube. Watch the performance and see the reaction at metronews.ca.

Going off-label

Taking the birth-control pill to cure acne rather than prevent pregnancy? "Off-label" prescribing, as it's called, might be more common than doctors once thought. See metronews.ca for the story.

Mobile news

Iran calls it the "soft war" with the West: Battles to control, defend and monitor the Internet and other high-level telecommunications. The latest move to keep Iranians locked in a cyber-fortress came quietly. Scan the code for the story.

Wildrose questions Tory ability to fund promises

Election trail. Leaders spend start of final week jockeying for top position

The Alberta Tories have responded to a suggestion by Wildrose Leader Danielle Smith that Conservative campaign promises would mean $7 billion in additional spending.

Smith says Tory Leader Alison Redford is trying to buy next Monday's election.

The Tories have issued a release that says their platform proposes $4.1 billion in extra investments over five years.

They also say they can come up with half that through changes in how budgets are prepared.

Smith says the Wildrose has made promises valued at $308 million.

She says the only way the Tories could cover their promises would be to raise taxes.

She suggests that could include higher income taxes, a provincial sales tax, reinstated health-care premiums or gasoline levies.

She points out that the Conservatives already set a new record for spending in the budget, racking up a fifth consecutive deficit in the process.

The Tory release says Smith wants to make deep cuts to the budget, but still hire more teachers, nurses, home-care workers and police officers.

The Tories say that's a "complete fantasy, with no basis in reality." THE CANADIAN PRESS

Tories

$4.1B

Amount of extra investments over five years proposed by Tory platform.

Wildrose

$308M

The value of Wildrose promises according to Tory leader Alison Redford.

Alberta Conservative leader Alison Redford makes a campaign stop at Father Whelihan School in Calgary Monday. Albertans go to the polls on April 23.

JEFF MCINTOSH/THE CANADIAN PRESS

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Edmonton. Candidates

Edmonton-Manning

Wildrose Party — Peter Rodd

Dr. Peter Rodd is a psychiatrist who was most recently working at Alberta Hospital Edmonton, located in the riding of Edmonton-Manning. Dr. Rodd began his medical career in the service of Queen and country as a medical officer and flight surgeon in the Canadian Forces.

Progressive Conservative — Peter Sandhu

Prior to serving as a Member of the Legislative Assembly, Mr. Sandhu had significant experience as a businessman and community leader. He sits on the boards of several community-based organizations. He married his wife Kamal in 1984. They have three children: Preetinder, Bhavneet and Inderdeep.

New Democrat Part — Cindy Olsen

First elected in 2007, Cindy is currently a member of the Edmonton Catholic School board. She served as chair of the board in 2007-8, and has been actively involved in policy reviews and implementation, advocacy for family and children, and building partnerships with diverse stakeholders in the community.

Alberta Party — Mark Wall

Mark Wall is a married family man with two teenagers who has a vast experience of working for non-profit societies and a strong heart for local communities. Over the past two decades, Mark has been a community leader in his role as an ordained minister helping develop, lead and/or initiate programs for people in need.

Alberta Liberals — Johnathon Huckabay

Born in New Westminster, B.C., Jonathan Huckabay grew up in rural Alberta and in Edmonton. He obtained a Bachelor of Arts with distinction in Political Science and a Master's degree in Modern Languages and Cultural Studies from the University of Alberta. After the 2008 provincial election, Jonathan returned to Edmonton to serve as the Legislative Assistant to Dr. Raj Sherman while he was the Parliamentary Assistant to the Minster of Health and Wellness.

Edmonton-McClung

Wildrose Party — Peter Janisz

Peter is a first generation Canadian, having emigrated from Poland. He is a small business owner with a more than 20 year career in the construction industry. Peter is a proud husband and father of three children, and a long-time resident of the Lessard community.

Progressive Conservative — David Xiao

David was elected to his first term as a MLA for Edmonton-McClung in 2008. Prior to his election as a Member of the Legislative Assembly of Alberta, David was an avid entrepreneur and local businessperson. He is also a member of the Rotary and Canadian Clubs of Edmonton.

New Democrat Party — Lorne Dach

Lorne Dach has been a licensed real estate associate broker in Edmonton for the past 26 years. Dach was born in Edmonton. He graduated from the University of Alberta with a degree in political science. He has lived in Edmonton-McClung for more than 21 years. He is the proud stepfather of three adult children.

Alberta Party — John Hudson

John is the Executive Director of The Varscona Theatre and the Artistic Director of Shadow Theatre, two of the most dynamic and successful arts organizations in the province. John lives in Patricia Heights with his wife Sandy and their two daughters, Charlotte and Bella.

Alberta Liberals — Mo Elsalhy

Mo earned his Bachelor of Science in Pharmacy from the University of Alberta in the spring of 1994 and became the pharmacy manager of the family drugstore in Wolf Willow that same year. He remained the manager there until November 2004 when he got elected as a Member of the Legislative Assembly of Alberta (MLA).

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Sonic Boom. Linkin Park, Incubus headline 2012 edition of rock festival

This year's Sonic Boom features newcomers and old favourites as the annual outdoor rock festival hits Northlands Sept. 2.

Rock-rappers Linkin Park were announced Monday as the festival headliner. It will be the band's first show in Edmonton.

"Some of us have been sitting on this secret for a month-and-a-half now. It's been hard not to have a couple of cocktails and tell the world about it," said Sonic host Garner Andrews.

Rounding out the lineup for Sonic 102.9's concert are Incubus, Silversun Pickups, Young The Giant, Fun., The Joy Formidable, L.P., and the Pack A.D.

LAURIE CALLSEN/METRO

Ticket information

- All-ages pre-sale tickets for Sonic 102.9 Glee Club members go on sale April 23.
- General public tickets go on sale April 28 at 10 a.m.

Winterburn Road

Flood forces early closure of road

A portion of Winterburn Road has been closed sooner than expected. Also known as 215 Street, the stretch between Webber Greens Drive and Whitemud Drive closed Monday instead of April 23 due to flooding. METRO

ASIRT

Witnesses sought in Taser death

The Alberta Serious Incident Response Team wants to talk to anyone who saw a man walking in traffic after an accident on Whitemud Drive April 11 in connection with a man dying after being in Edmonton Police Service custody. METRO

Nurses on call just what the doctor ordered: Study

Phone-in health advice is being taken by nearly 90 per cent of callers, according to a recent U of A study on Health Link use. SHELLEY WILLIAMSOM/METRO

Healthy advice. Researcher finds callers taking nurses' phone care helps free up ERs

SHELLEY WILLIAMSON
shelley.williamson@metronews.ca

Findings by a University of Alberta researcher show a 24-hour nurse-on-call option designed to alleviate pressure on emergency rooms may be just what the doctor ordered.

Dr. Bev Williams, associate professor of nursing, led the "tele-triage" study over nine months.

She said 92 per cent of 312 callers to Alberta Health Services' Health Link were women, seeking health help for themselves, their children or parents.

"If there was not a link these people would have to visit a physician or emergency room," said Williams, whose findings were published in the Journal of Clinical Nursing.

Williams discovered seven out of eight respondents followed advice given over the phone. Concerns ranged from pregnancy and post-pregnancy care, to cold and flu, diarrhea and skin problems, she said.

Whether people took prescribed care advice depended on several factors.

"It seemed to depend whether the nurse made them feel confident, if the nurse stressed the importance and if they agreed with the advice given," said Williams.

Her team also polled about 400 patients at three city emergency rooms on whether they knew about the Health Link Alberta service. About 20 per cent were not aware it existed, she said.

Pressure on ERs

"About 20 per cent of Albertans don't have a family physician."

Bev Williams, associate professor with the University of Alberta's Faculty of Nursing

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Norwegian Anders Behring Breivik, who is facing terrorism and premeditated murder charges, reacts as a video presented by the prosecution is shown in court, in Oslo, Norway. HEIKO JUNGE/THE ASSOCIATED PRESS

Confessed Norway shooter on trial

Strange start. Man accused of killing 77 people displays unexpected emotions on Day 1 in court

Anders Behring Breivik shed tears as he went on trial Monday for killing 77 people — but not for his victims.

The emotional display came when prosecutors showed his anti-Muslim video.

Dressed in a dark suit and sporting a thin beard, the right-wing fanatic defended the July 22 massacre as an act of "self-defence" in his professed civil war, and sat stone-faced as prosecutors described how he killed each of his victims.

But he was gripped by emotion when they showed a video warning of a Muslim takeover of Europe and laden with crusader imagery that he posted on YouTube before the attacks.

"Nobody believes that he cried out of pity for the victims," said Mette Yvonne Larsen, a lawyer representing survivors and victim's families in the court proceedings.

Breivik showed no signs of remorse on the first day of a trial that is expected to last 10 weeks. Eight people were killed in Breivik's bombing of Oslo's government district and 69 were slain in his shooting massacre at the left-leaning Labor Party's youth camp on Utoya island outside the capital.

Breivik has said the attacks were necessary to protect Norway from take over by Muslims and that he deliberately targeted the governing Labor Party, which he claims has betrayed Norway with liberal immigration policies.

THE ASSOCIATED PRESS

Love story emerges from Norwegian massacre

PETER LINDHOLM
Metro World News in Sweden

On Monday, the trial of Anders Behring Breivik, who admitted to carrying out bomb and gun attacks in Norway last July that left 77 people dead, got underway in Oslo.

While the massacre has spawned mourning and outrage, a tale of love has also emerged. Sofie Tømmerås Lyshagen, 19, and 20-year-old Håkon Knudsen found each other when they swam for their lives to escape from Breivik at the Norwegian island Utøya last July. Metro Sweden spoke with Lyshagen, to hear her story.

Sofie Tommeras Lyshagen, left, and Hakon Knudsen. CONTRIBUTED

You lost several close friends at the island.
Yes, I lost Lejla (Selaci), who was my best friend, and Sondre (Kjøren), my former boyfriend. And twenty other friends.

How do you recover after such an event?
I can't answer that. I take one day at a time and for each day it gets a little better. You feel a little better and have some good days.

Where did you meet your boyfriend Håkon?
After Brevik had tried to shoot me I lay in the water when Håkon came swimming. He had been hiding in the woods. We exchanged a few words with each other and were both quite hysterical.

Was it really love of the first sight?
I usually say it was love at first dip, but it was really afterwards, when we were safe on land, that the romance began. We felt that the chemistry was good, that we understood and could help each other.

Why have you chosen to go public with your love?
It was the media who started to write about us, but we felt that we wanted to give a different picture of Utøya. There has been so much negative about the island; it has become so black and dangerous. Otherwise, it is the best place on Earth; it has shaped my heart, my political beliefs and has given me lifelong friends. We also want to tell you that this has not broken us.

RCMP. 100 Mounties to investigate internal sexual harassment

British Columbia's top RCMP officer says he's talked to hundreds of women who work for the force in the province and they've told him the work environment has to change.

So he's appointing 100 Mounties to investigate sexual harassment complaints in an effort to improve a culture condemned by some as intolerably sexist.

The investigators will form the crux of a broader plan being hammered out under the direction of RCMP Deputy Commissioner Craig Callens in response to the internal workplace assessment he initiated earlier this year after several high-profile accusations were made public.

Cpl. Catherine Galliford, a former media relations officer, was the first to speak out about enduring sexual harassment and abuse from senior officers, and she touched off a series of suits, including a class-action that could involve more than 100 women.

Callens said the allegations became public only weeks after he took command in British Columbia and he set about finding out what was going on.

"I acknowledge ... that we have some issues that we need to deal with.... I'm committed to ensuring that we take the type of action that our employees deserve."

THE CANADIAN PRESS

Top cop plans action

Deputy Commissioner Craig Callens convened focus groups that involved about 400 female RCMP members across B.C. over two months, aimed at uncovering the extent of gender-based harassment.

- Lawyer David Klein filed a suit in late March and said he expects more than 100 current and former female members will join. The suit is on behalf of Janet Merlo, an officer of 19 years from Nanaimo, B.C.
- Merlo alleges she endured sexist comments, pranks and derogatory remarks, and was yelled at when she revealed her pregnancy.

Harper warmly received in Chile

Prime Minister Stephen Harper and Chilean President Sebastian Pinera exchange signed documents during a ceremony at the presidential palace a in Santiago, Chile on Monday. The PM is hoping to use one of Canada's deepest friendships in Latin America to help secure entry into an attractive Pacific free-trade zone. The Trans-Pacific Partnership was one of the key items on the agenda as Harper met President Pinera.

ADRIAN WYLD/THE CANADIAN PRESS

McSalt

Salt content can be lowered, despite fast food industry claims

Researchers are questioning the fast food industry's efforts to lower the salt content of its menu items, particularly in Canada and the United States.

They say restaurants often cite technical food processing challenges as a reason they're unable to reduce salt.

But a new study published in the Canadian Medical Association Journal is challenging that assumption.

Menu items were compared from major chains around the world and salt levels in Canada and the U.S. were consistently higher than those in other countries.

McDonald's Chicken McNuggets in Canada, contain two and a half times the amount of sodium of their U.K. counterparts.

Researchers argue it's possible to reduce salt and doing so would result in public health benefits.

THE CANADIAN PRESS

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U.S. security team sent home from Colombia

Prostitute snag. Members of military and secret service accused of throwing wild hotel party ahead of Obama state visit

The top U.S. military officer said Monday the nation's military leadership is embarrassed by allegations of misconduct against at least 10 U.S. military members at a Colombia hotel on the eve of President Barack Obama's visit over the weekend.

"We let the boss down," Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, told a Pentagon news conference.

He said he regretted that the scandal, which also involved 11 Secret Service agents accused of cavorting with prostitutes at the hotel, diverted attention from Obama's diplomacy at a Latin America summit.

The Secret Service sent 11 of its agents home from Colombia amid allegations they had hired prostitutes at a Cartagena hotel.

The military members being investigated were staying at the same hotel, Little said.

Appearing with Dempsey at the Pentagon, Defence Secretary Leon Panetta said U.S. troops are expected to abide by "the highest standards" of behaviour whether they are at home or abroad. He noted that a military investigation is under way and promised that if wrongdoing is confirmed, "these individuals will be held accountable."

Army Col. Scott Malcom, chief spokesman for U.S. Southern Command, which organized the military team that was assigned to support the Secret Service's mission in Cartagena, declined to say how many additional service members are under investigation.

THE ASSOCIATED PRESS

The Pentagon reacts

"We're embarrassed by what occurred in Colombia."

Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, speaking at Monday's Pentagon news conference

Sudanese war planes bomb border town

Two Sudanese Sukhoi fighters dropped six bombs in the Bentiu area, killing five and wounding four others. Sudan and the newly formed South Sudan continued to battle Monday over a disputed oil-rich border area.

MICHAEL ONYIEGO/THE ASSOCIATED PRESS

Tied to the Taliban

Afghan officials pin terrorist attacks on Haqqani network

Afghan officials blamed a brazen series of weekend attacks on the Haqqani militant network, saying Monday that fighters captured in the assault claimed they were affiliated with the insurgent faction tied to the Taliban and al-Qaida.

The 18-hour offensive left 36 insurgents and 11 others dead and was the largest in Kabul since insurgents fired on the U.S. Embassy and NATO headquarters last September.

THE ASSOCIATED PRESS

Racially motivated?

Two accused in deadly Tulsa shooting spree plead not guilty

A judge entered not guilty pleas Monday for two men accused of going on a racially-motivated shooting spree in a predominantly black section of Tulsa over Easter weekend, killing three people and wounding two others.

Jake England and Alvin Watts appeared in Tulsa County District Court via closed-circuit television from jail, where they have been held since their arrests Easter Sunday.

THE ASSOCIATED PRESS

Bunga Bunga trial

Stripper nuns danced for Italian Berlusconi, witness reveals

Girls dressed like nuns in the Sister Act musical and soccer players used to strip for Silvio Berlusconi, said model Imane Fadil, testifying at the former Italian premier's trial on Monday.

He is accused of having sex with an underage prostitute and using his influence as Italian premier in 2010 to cover it up. Fadil says gatherings at Berlusconi's Milan mansion were not respectable but raunchy "bunga bunga" parties.

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CAW seeks auto-sector protection

Trade. Policy-makers need to resolve 'dramatic' imbalance in Canada's international automotive dealings, CAW report says

The Canadian Auto Workers union is calling for an end to free trade negotiations with automaking countries in Europe and Asia unless they first open their markets to Canadian-made vehicles.

The CAW, which has failed to convince successive Conservative and Liberal federal governments to curtail auto imports from countries the union considers to be closed to North American imports, said free-trade agreements with the European Union, Japan, South Korea and Thailand won't help.

"There is no conceivable scenario under which Canadian automotive exports to these countries would be significantly enhanced under a free trade agreement," the union said in a 50-page report released Monday.

Even government studies show that free trade agreements with these countries would promote a much larger increase in automotive imports from those countries rather than exports from Canada, the report said in calling for Ottawa to rethink its auto trade policy.

THE CANADIAN PRESS

Policy

"Canada is one of the only auto-producing jurisdictions in the world that doesn't have a formal national auto policy. This is a huge weakness."

CAW national president Ken Lewenza

The tower that Trumps them all

Donald Trump, and his children, Ivanka and Eric, leave the Trump International Hotel and Tower in Toronto after a ribbon-cutting ceremony on Monday. "The Donald" flew into Toronto on Monday to officially open the new tower, which is Canada's tallest residential building at 65 storeys.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Mining

Workers protest Rio Tinto's Olympics involvement

Officials of the union representing locked out Rio Tinto Alcan workers in Quebec were in London on Monday to denounce the mining giant's participation in the upcoming Olympic Games.

Rio Tinto supplied metal for the medals that will be handed out to the gold, silver and bronze medal finishers at the Summer Olympics.

THE CANADIAN PRESS

Housing. Vancouver weighs on market as home prices fall

The high-end housing markets of Toronto and Vancouver headed in opposite directions last month as the average price of a Canadian home fell, according to the Canadian Real Estate Association.

"You've got a tug-of-war," Gregory Klump, CREA's chief economist, said Monday, with fewer sales over $1 million in Vancouver in March weighing on the national average, while high-end sales in Toronto picked up the pace.

"A year ago at this time, high-end sales in Vancouver were running at unusually high levels and they've since fallen back to earth and as a result you've got a year-over-year decline in average prices," he said.

Meanwhile in Toronto, Klump said sales of single detached homes over $600,000 as a percentage of total sales have picked up as well as the high-end condo market.

"It's the sales mix," he said.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.03¢ US (+0.13¢)

TSX 12,037.59 (-2.8)

OIL $102.93 US (+10¢)

GOLD $1,649.70 US (+$10.50)

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Dow Jones: 12,921.41 (+71.82)

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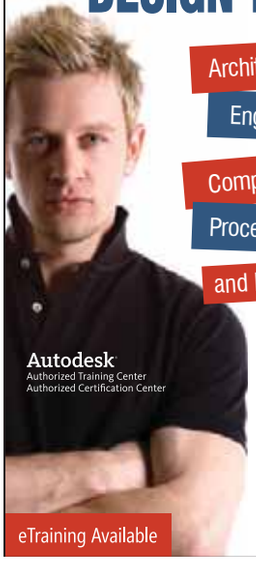

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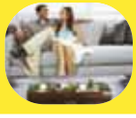

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SHE SAYS...
Jessica Napier
metronews.ca/shesays

This isn't really a book review; think of it as a public service announcement for curious bookworms. I want to warn you to stay away from that new romance novel you've been hearing enthusiastic whispers about. I am, of course, referring to Fifty Shades of Grey by E. L. James, the first in a trilogy of erotic page-turners.

I really wanted to like it. I think it's wonderful when people put down their smartphones long enough to get excited about books, even if those books are dubbed "Mommy Porn." Sadly, despite what the New York Times hype machine has to say, Fifty Shades of Grey is JUST. SO. BAD. Not guilty pleasure bad, but "I'd like my $20 back" bad.

Perhaps I didn't give it a proper chance; after all, covertly skimming racy passages while riding public transit isn't the ideal way to enjoy some erotica. But even though I might have been distracted by my attempts to shield pages from nosy, over-the-shoulder-peering passengers, I don't think reading it in a private setting would have made that much of a difference.

So you want to read erotic fiction?

With so many completely unbelievable character traits, this girl-next-door turned submissive-sex partner was far too hard to believe, even for fiction.

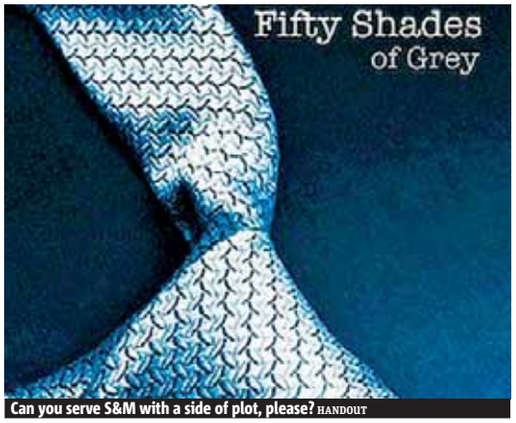
For those who have read the book, it should come as no surprise that it originated from a piece of Twilight fan fiction. It certainly reads that way. If you haven't read it, I'd say "spoiler alert" but frankly there is hardly an actual story to spoil. I don't know about you, but I like a side of plot with my S&M interludes.

I assume it is common practice to give romance heroines completely ridiculous names, so I'll forgive Anastasia Steele for her eye-roll-worthy moniker. But with so many completely unbelievable character traits, this girl-next-door turned submissive sex partner was far too hard to believe, even for fiction.

Anastasia is of course astonishingly attractive and adored by all of the men around her while being entirely insecure. As a 24-year-old college graduate she has somehow never been drunk or owned a computer. She begins the novel as a virgin and her first time is obviously phenomenal because that's totally realistic. Finally, and this is maybe what bothered me the most, she is never hungry despite the numerous cardio-heavy sex scenes.

The distractingly bad writing and Anastasia's constant references to her "inner goddess" made most of the supposedly steamy encounters as arousing as a television commercial for Venus razors.

Needless to say, suffering through 500 pages of this heroine's inner dialogue was torturous, and not in the intended, sexy kind of way.



Can you serve S&M with a side of plot, please? HANDOUT

Look guys, no hands

JONATHAN SCOTT

Dry den

Umbrella that frees your hands

For the man who has everything ... it's a hands-free brolly! The Nubrella, the "world's only patented hands-free and wind-resistant umbrella," is set to become a sales hit, especially among avid cyclists undeterred by inclement weather conditions.

Other popular usages of Nubrella, its creator says, include "pushing a wheelchair, standing in long lines and outdoor workers who can't hold an umbrella."

METRO

60 seconds

Alan Kaufman

'By accident'

Alan Kaufman, inventor of the Nubrella, explains to Metro the ins and outs of his creation.

How did you come up with this unusual umbrella?

I came up with the idea when living in New York City, when I recognized the problem of umbrellas and wind. We thought of a product that's both aerodynamic and capable of withstanding strong winds. The hands-free came by accident during the design, yet has turned out to be the game-changer.

Has this been certified as roadworthy for cyclists?

There is no obligation from any government agency as we make no claims of safety. People can choose to use it where they want.

ANTHONY JOHNSTON

Speed dome

80 km/h

is the maximum speed of wind the Nubrella is tested to resist. Weighing more than one kilogram, this bubble-shaped rain-repelling contraption works by strapping on a shoulder support and extending a canopy around the head. One Nubrella will set you back $60.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Live-tweeting a marriage proposal — good idea or bad idea?

71% BAD IDEA, IT SHOULD BE A PRIVATE MOMENT

29% GOOD IDEA, IT'S THE MODERN-DAY VERSION OF SHOUTING YOUR LOVE

Twitter

@TamaraVineberg: I am really ticked that the @CityofEdmonton is charging taxpayers $175 to get input from us for Food & the City. #yeg

@FACLC: These #yegfood trucks are a gre--what, they aren't operating in river valley trail system? Well what's the point then? #yeg

@JasperAvenueYEG: I'm negotiating a deal with the city that I'll make less potholes if you stop spitting on my sidewalks. #yeg

@DarrellWinwood: I'm on Twitter too much...just about wrote #yeg on return address for mail instead of Edmonton... #mustunplug

@mezamashii: What do I do with the the licence plate now that I've sold the car? Are they recyclable? #yeg

metro

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2

SCENE

Scene in brief

Court upholds Stamos blackmailers' convictions

A federal appeals court has upheld the convictions of a man and woman from Michigan's Upper Peninsula who were accused of trying to blackmail actor John Stamos. A three-judge panel in Cincinnati rejected challenges to the indictment Monday as well as claims that Allison Coss and Scott Sippola should have received a break at sentencing for accepting responsibility. They were sentenced to four years in prison in 2010 after a jury convicted them of conspiracy and using email to threaten a person's reputation.

THE ASSOCIATED PRESS

On the web

Jack White to live stream New York concert with Gary Oldman directing

Fan-made TV merchandise

When you become a diehard fan of a TV show, you want to find out everything about the program. It takes a truly obsessed fan to want to buy everything related to it. Enter Etsy, the handcrafted and vintage item website that sells any quirky art project that might tickle your fancy. Among the arsenal of items includes some interesting pieces that only a true fan could create.
Are you curious to see what we mean? Check out the items below:

METRO WORLD NEWS
scene@metronews.ca

Top Gear Stig cufflinks

You can't own the cars featured on Top Gear. Heck, you can't even drive them. But, you can rock Stig on your sleeves as you cruise down the street.

Big Bang Theory bracelet

Keep your fellow nerds on hand (on your wrist) by wearing this charm bracelet, featuring the main characters of the show.

True Blood necklace

You won't be able to end the debate between Sookie's two vampire lovers. If only the necklace said the opposite on the other side, just in case you were feeling Bill was more suited for the Bon Temps beauty that day.

Heisenberg Blue Glass Rock Candy

Want a taste of the blue that Walter White from Breaking Bad cooks up? Try this blue glass rock candy. Warning: It may be addictive.

Downton Abbey cross stitch pattern

Nothing proclaims you're down with Downton Abbey like this pattern featuring the cast of the show. Stitch away as you unravel the complexities of North Riding of Yorkshire.

Glee magnets

Decorate your locker with these Glee magnets, and you'll be the coolest gleek in the school. Too old for a locker? Put these on your refrigerator and reminisce about your days in the glee club.

Doctor Who TARDIS-inspired men's tie

The doctor is in… your wardrobe! With this fashionable tie, you'll do the Time Lord proud.

The Stallion Who Mounts the World onesie

While Daenerys from Game of Thrones couldn't have her little stallion, you can show off yours with this cute outfit that will make your Dothraki warrior prince or princess all the rage.

Mad Men party on a stick

For your next Mad Men themed viewing party, wear these handy costume props and go incognito as one of those background characters that helps Sterling Draper Cooper Prince run as smooth as that glass of whiskey.

South Park hats

Grab three friends (or two friends, that silent kid and that frenemy) and wear these crocheted creations throughout the year, day in and day out.

DVD reviews

Mission: Impossible - Ghost Protocol

Director. Brad Bird

Stars. Tom Cruise, Jeremy Renner, Simon Pegg

Ghost Protocol is the fourth movie adaption of the 1960s Mission: Impossible TV series. But it doesn't feel like it. Tom Cruise stars again as Ethan Hunt, yet something has changed for the better. Instead of the convoluted dramas of impossible missions past, this is more of a convoluted comedy. Brad Bird, who directed The Incredibles for the Pixar 'toon factory, brings an antic, superhero sensibility to his first live-action directing assignment, making Ghost Protocol feel like a series reboot.
PETER HOWELL

Shame

Director. Steve McQueen

Stars. Michael Fassbender, Carey Mulligan

Shame is anything but romantic. Brandon (Michael Fassbender) is obsessed with sex. Perpetually aroused, he seeks constant release through sexual activity of all kinds — one-night stands, hookers, Internet porn — but he is never fulfilled. He yearns for genuine human contact, but is apparently incapable of it. McQueen's powerful sophomore work, which he co-wrote with Abi Morgan (The Iron Lady), is not just about sex. It packs a subtle message about the fraying of human connections in the modern world. PETER HOWELL

The horror, The Horrors

Future sounds. The Horrors channel the original spirit of punk by shying away from music movements and carving out their own sound

CHRIS LEO PALERMINO
Metro World News in Boston

When referring to The Horrors, don't use words like "post-punk" or "revival." Rhys Webb, bassist for the U.K. band, emphasizes that they're trying to make music with the original spirit of punk.

But even that term might hold limitations.

"As far as we're concerned, we just want to make music for the future," says Webb. "We want to make music that people haven't heard before."

Their third album, Skying, which hit No. 5 on the U.K. charts last year, embodies the punk aesthetic and musically runs the gamut from psychedelia to no-wave.

"We've just wanted to make it trashy. We wanted to play garish music like [the original] punks saw," says Webb.

Starting in the midst of a scene typified by Joy Division- and Gang Of Four-inspired post-punk, The Horrors strove to make their own footprint.

"Our own connection is that we had nothing to do with it," says Webb of the London scene, "but we were part of it because we didn't like what we were hearing. The whole thing has been a constant organic progression."

Since their beginnings in the underground, The Horrors have become a household name in their homeland, developing their sound and playing elite festivals in the U.K.

"But, we don't make pop music for other people to enjoy it," insists Webb.

"Our approach is not different than other bands playing to 50 fans once a month: Basically we try and do the things that make us an underground band."

The Horrors are already a household name in the U.K. GETTY IMAGES

Modesty

This band stays grounded

While the band has grown in popularity regardless of their attitude, they haven't changed their priorities. "We're not a band thinking that we're big; it's never really something that we enter in our mind," says Webb. "The great thing about this band is that the people that come out and see us really love us," he adds.

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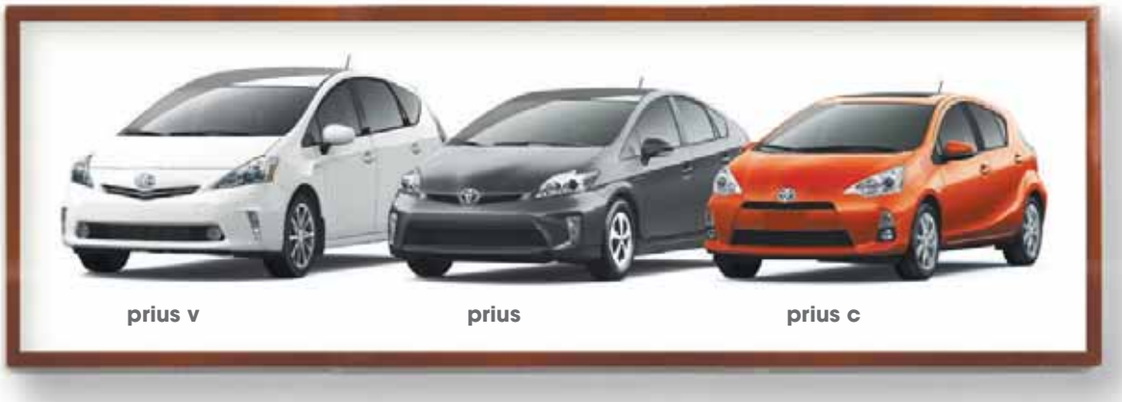

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How to not forget Michelle Williams

Jason Segel is lobbying hard for the title of Most Adorable Boyfriend, as the How I Met Your Mother actor apparently tapes photos of girlfriend Michelle Williams to the back of his iPhone case, according to the Daily Mail.

Segel was spotted carrying the personalized phone in L.A. this weekend. A photo alone would be sweet, sure, but Segel also has the phrase "I love you" scribbled over and over again around the pictures.

"They're much more serious than everyone thinks," a source says. "They're really happy."

Who's that Efron in the mirror?

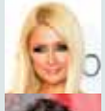
Zac Efron

Zac Efron admits that after packing on 18 pounds of muscle to play a Marine in The Lucky One, he didn't know who was staring back at him from the mirror.

"By the end of the movie I didn't recognize myself," Efron tells Men's Health. "You hear about guys like Christian Bale who dive into it and are really able to transform. I've always wondered if I had the willpower to actually do it. And I'll always have pride around the sense that I can."

Efron, who's back to his slimmer 145 pounds, says his secret is a healthier-than-normal work ethic. "I could pick up almost anything. If you put it in front of me, I could always find a way to tackle it," he says. "I was never a natural at anything, but I could always outwork everybody."

Twitter



@ParisHilton
DJ's are the New Rock Stars!

@ricky_martin
today I'm happy but with the kind of happyness that makes you wanna sleep naked. So 2nite.... naked will B! gd nite everyone ZZzzz

@SarahKSilverman
What if we definitively found out there's no God or Allah or anything? Would there be more killing or less? Discuss

@SethMacFarlane
You guys know who Cecil B. DeMille was? No? Okay, that's okay, I've got a tweet about him but never mind.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pippa get your gun?

THE WORD
Dorothy Robinson
scene@metronews.ca

Pippa Middleton could face prosecution for her involvement in an incident in which a male friend brandished a semiautomatic handgun at a photographer in Paris, according to the Sun.

A photo taken by the paparazzo shows Middleton — the sister-in-law of Prince William — grinning in the passenger seat of a convertible as the driver aims the firearm at the camera.

Paris police officials are expected to launch an investigation. "If the evidence points to her involvement, she will be prosecuted.

Anybody involved in the illegal use of a handgun in public is liable to arrest and interrogation," a source says, adding that if the gun proves to be real, brandishing it in a public place is punishable by up to seven years in prison "for all parties involved" (including Middleton's friend, fashion mogul Arthur de Soultrait, who was in the backseat of the car). If it was a fake gun, the maximum sentence is two years.

Wait. You can get two years in prison for showing off a fake gun in France?

And here I thought their attitudes towards fat people were harsh.

Brad Pitt and Angelina Jolie ALL PHOTOS GETTY IMAGES

After delaying marriage in defiance of Prop 8, is Brangelina giving up?

Angelina Jolie and Brad Pitt are now engaged to be married, but what about their earlier claims that they would not tie the knot until everyone in the U.S. — including gays and lesbians — had the same right? Looks like they got tired of waiting. But Rebekah Orr of Equality California still supports the famous couple. "Marriage is something that says, 'We're a family' in a way that nothing else can," she tells TMZ. "No one has to deny that for themselves or their family to prove they are an ally and supporter of equality." Besides, Jolie and Pitt have already showed their support several times over, contributing more than $1 million to the fight against California's Proposition 8, which outlawed same-sex marriage in the state.

Cory Montheith and Lea Michele

Stars gleefully in love at Coachella

Glee co-stars Lea Michele and Cory Monteith took their real life romance to the Coachella music festival this weekend, according to Us Weekly.

Montheith arrived after Michele at a VIP pool party — but reportedly made up for his tardiness with some public displays of affection. "He tapped her on the shoulder and she was so excited to see him, she threw her arms around him and they hugged and kissed on the lips," a source reports, adding that the couple then retreated to a private cabana.

"Their arms were constantly around each other and they were talking very close. They definitely looked like a couple with how affectionate they were being in public."

Michele wasn't shy about her excitement online, either: "I just saw a really hot 6-foot-3 Canadian with a tribal arm band hanging by the pool," she posted to Twitter when he arrived. "So happy."

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3 LIFE

Health minute

Big breasts at risk

Women aged 50 and over with dense breasts (high percentage of dense tissue) have a higher risk of breast cancer recurrence than women with less dense breasts. Researchers at the Karolinska Institute in Sweden believe that the extra tissue means more cells, and more cells lead to an increased risk of developing cancer. METRO WORLD NEWS

On the web

Antibiotic-resistant bacteria found in ancient cave could be source of new drugs

Take the bad habits challenge

Do you work out or opt to sleep in? Charles Duhigg, author of The Power of Habit, puts you to the test

ROMINA MCGUINNESS
Metro World News

Take the quiz and then get out there and break those bad habits. ISTOCK PHOTOS

1. When you feel an urge to eat a cookie, you:
A. Ignore it and power through the task at hand.
B. Tell yourself that if you can answer the emails in your inbox, you can get a chocolate chip treat.
C. Start looking for an excuse to go to the cafeteria.
D. Run to the cookie tray in the break room.

2. When you see a donut box sitting on a counter, you:
A. Engage in a stoic mantra of self-denial. ("I am stronger than the donuts. I am stronger than the donuts.")
B. Distract yourself by thinking of how great you'll look on the beach if you skip it.
C. Start craving a jelly-filled treat, even if you just ate a big breakfast.
D. Excuse me while I wipe this powdered sugar off my chin.

3. Every morning you:
A. Go for a run, no matter the weather. Once, you ran through three feet of snow. And a hurricane.
B. Eat something healthy and, if you have some extra time, stretch or exercise.
C. Glance longingly at your workout clothes, and then eat a waffle in front of the television.
D. Morning? I haven't been awake during the morning in years.

4. When you want to create a new habit, you:
A. Program your mind circuitry with a new algorithm.
B. Figure out a cue to trigger a new behavior, and a reward to give yourself afterwards.
C. Write a note that says, "Remember your new habit!" and tape it on the mirror.
D. Decide that a new habit sounds like too much work.

5. To start training for a triathlon, you:
A. Cut back on your daily runs — you're already prepared for the Ironman. And a normal triathlon is child's play
B. Come up with a training plan and figure out why you're likely to miss training sessions — and what you will do when you encounter those 'inflection points' that interfere with your plans.
C. Tell your sister you have signed up for a triathlon, and then forget to train.
D. Sell your entry on eBay.

6. When you are sitting at a restaurant eyeing the basket of dinner rolls, you:
A. Ignore it effortlessly. You haven't eaten a single carb in 12 years.
B. Put the rolls out of your line of sight, so they won't tempt you.
C. Pour salt all over the rolls, and then pepper.
D. Eat all the rolls you can stuff into your mouth, and then put the extras in your pockets.

7. If you are worried that you are drinking too much, you:
A. Never have another alcoholic beverage as long as you live.
B. Try to figure out why you are having a glass of wine every night. Because you have trouble relaxing? Because it helps cap the day? And then, find something else that provides you with the same reward, but doesn't include as much alcohol.
C. Switch from cocktails to half of an after-dinner glass of wine or beer.
D. Abandon liquor for hard drugs.

8. After having a child, your top priority is:
A. How many gold medals will my child win? If it is less than 10, I will consider myself a failure.
B. Teaching them willpower habits, like making their bed each morning, which will eventually help them do their homework on time.
C. Doing everything I can to model healthy and happy habits in my marriage and life.
D. Disproving paternity.

Scoring key

Give yourself 1 point for every "A", 2 points for every "B", 3 points for every "C" and 4 points for every "D"

- **8 points:** You are a cyborg. Don't worry about your habits — everything depends upon your programming. Your chiseled abs are the envy of everyone else.
- **9 to 16 points:** Congratulations! You understand that habits can be designed and changed. You have spent time learning that every habit has a cue and a reward — and that if you choose the correct cue, and deliver the right reward, you can remake any pattern.
- **17 to 24 points:** You have learned to control some of your habits, but not all of them. The key is to diagnose your cues and rewards, and remake the patterns in your life.
- **25 to 32 points:** Don't worry, bro. Just keep playing video games. Jobs are overrated. Besides, why would you ever want to move out of your parents' house?

Hey diddle, diddle try Dish & Runaway Spoon for a nibble

Soup, sandwich and tart . CHRISTOPHER THRALL

LUNCH RUSH
Christopher Thrall
life@metronews.ca

The Dish is a warm, welcoming little bistro.

It boasts decor that, though eclectic, adds up to elegance. Solid wood and earth tones complement specially-selected antiques for a wonderful ambience.

The food is similar, with hip comfort bites that include exciting new flavours, but don't stray far from crowd-pleasing fare.

My ham and gouda sandwich on multi-grain ($13.25) — complete with a generous smear of raspberry aioli — was one such crowd-pleaser.

I had a cup of spicy black bean soup ($5.25) on the side and wrapped up the tasty little lunch with The Dish's famous lemon tart ($6.50).

The fresh-squeezed curd on crunchy phyllo was the highlight of the meal.

Take-out is not the way to enjoy the Dish, however.

Though my meal travelled well, the unwrapped fare did not seem to be worth more than $25.

A sit-down experience at the sweet little bistro would have made all the difference.

Visiting the restaurant

The Dish and Runaway Spoon

Address. 12417 Stony Plain Rd.

Phone. 780-488-6641

Website. thedishandspoon.com

Rating. 3.5/5

Price range. Mid

Client negotiations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Licensed. Yes

Mashed Carrots. This colourful side dish is a great addition to dinner

1. In a saucepan over high heat, bring 2.5 cm (1 inch) of water to a boil. Add carrots; cover and reduce heat to simmer. Cook for 10 to 15 minutes or until carrots are very tender. Use a slotted spoon to transfer carrots to a food processor.

2. Add butter, milk and cumin, then process for about 2 minutes or until very smooth, scraping down sides a few times while processing. Season with salt and pepper to taste.

THE ASSOCIATED PRESS / ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 1.5 kg (3 lb) carrots, peeled and cut into chunks
- 60 ml (4 tbsp or 1/2 stick) butter
- 125 ml (1/2 cup) milk
- 5 ml (1 tsp) ground cumin
- Salt and ground black pepper

Where's the beef? Not in this chili

This recipe makes six servings. THE CANADIAN PRESS H/O

This chunky turkey chili may be made with ground turkey or turkey thighs.

Serve it topped with shredded cheese and corn tortillas, if desired. You can also serve it over baked potatoes.

1. Place ground turkey in a large saucepan and cover with cold water. Bring to a boil over high heat; cover and simmer for 20 to 25 minutes, or until juices run clear when turkey is pierced. Remove to plate and let cool. (If using thighs, remove skin and bones; chop and set aside).

2. In a Dutch oven, heat oil over medium heat. Add onions and carrots; cook for 7 minutes, stirring occasionally. Stir in garlic and jalapeno pepper; cook for 1 minute. Stir in tomato paste. Stir in turkey, tomatoes with juice, beans, broth, chili powder, oregano and cumin; bring to a boil, stirring often. Reduce heat; cover and simmer for about 20 minutes.

THE CANADIAN PRESS/ FOODLAND ONTARIO/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 625 g (1 1/4 lb) ground turkey
- 30 ml (2 tbsp) vegetable oil
- 375 ml (1 1/2 cups) chopped onions
- 250 ml (1 cup) diced carrots
- 1 large clove garlic, minced
- 15 ml (1 tbsp) minced seeded jalapeno pepper
- 1 can each (156 ml/5 1/2 oz) tomato paste and diced tomatoes
- 2 cans (each 540 ml/19 oz) bean medley or mixed beans, drained and rinsed
- 175 ml (3/4 cup) chicken broth or water
- 30 ml (2 tbsp) chili powder
- 15 ml (1 tbsp) dried oregano
- 5 ml (1 tsp) ground cumin

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Advice

Tips for tipping

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles,
I have a question about tipping when ordering food for delivery from a restaurant. What is the appropriate amount to tip the delivery person? Also, should this be adjusted based on whether the restaurant adds a delivery charge, or whether they have a separate, higher-priced menu for delivered food instead of a delivery charge? I also live in a condo ... does this make a difference? I find no one really knows how much to tip, except that it seems it should be less than in a restaurant.
Thank you, Susan

Dear Susan,

Firstly, the fact that you live in a condo has absolutely nothing to do with how much you should tip for any delivery service.

Secondly, some restaurants charge a delivery charge as you mentioned, however rarely if ever do these go to the driver, and to your final point, sometimes restaurants have a higher-priced takeout menu as this covers either packaging costs and or fees with a third party that they work with for the takeout delivery service.

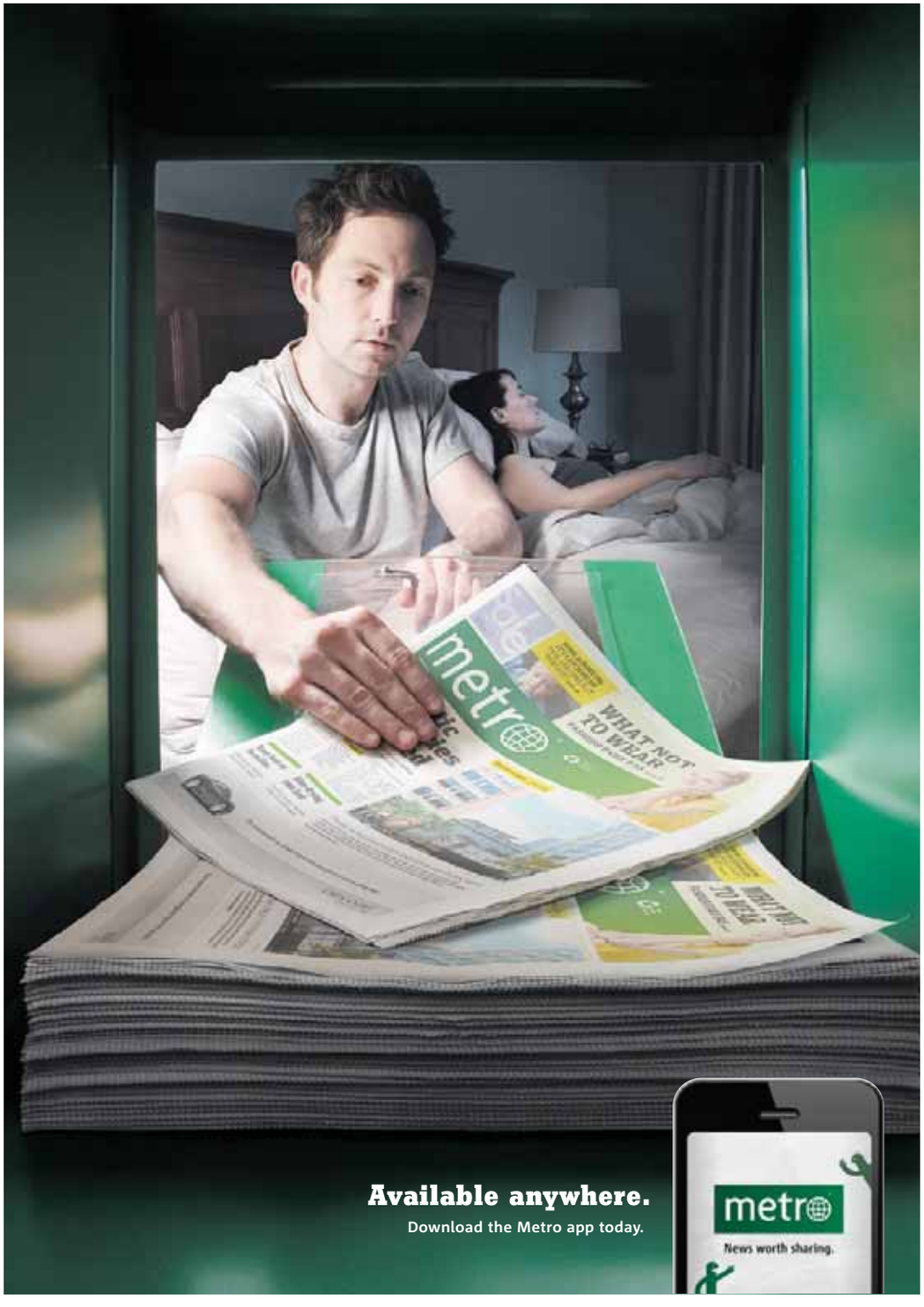
So now the final part of your question, how much!

I personally always give 10 per cent for deliveries, while in a restaurant with full service I would give a gratuity of 15 to 20 per cent.

I also have consulted with several etiquette colleagues who agree with the 10 per cent suggestion. Now remember a tip has to be earned — the driver should be on time, polite, friendly and the food should be delivered hot.

Remember it is OK to reduce the amount of a tip based on poor service and if service is bad, remember to call the restaurant to let your concerns be known.

A 10-per-cent tip seems fair for a delivery person. ISTOCK



How to get the perfect online dating profile

Guidance. Artful Online Dating's Christine Hooker helps clients build creative profiles

CASSANDRA GARRISON
Metro New York

Are you a single gal who "loves to have fun" and is looking for "a nice, funny guy?" Or are you a single guy who is "currently obsessed with The Wire" and wants to meet a "cool girl?"

Then you, my friend, are an online dater with a chronically uncreative profile. It happens to the best of us.

Anyone who has ever taken the plunge and signed up for a dating website is well-versed in what can be the agonizing experience of writing a witty, clever and non-creepy (guys!) profile. And worse — choosing photos that don't scream, "I'm doe-eyed and sassy. Look at my cleavage" or "See this six-pack? This could be yours."

But single people — there is hope, and it comes in the form of Brooklyn-based startup Artful Online Dating (artfulonlinedating.com).

Christine Hooker, 30, found an untapped market for digital dating guidance after helping countless friends improve their profiles once she successfully met her own boyfriend online. She quit her corporate advertising gig and launched Artful Online Dating for singles who need a little help letting their personalities shine online.

"For me, online dating was really fun and I found that because I had a marketing background, it came very naturally to me," Hooker said. "But for people who are not used to writing that kind of description of themselves, it can be daunting."

Through Artful Online Dating, Hooker offers services (including a Wingman Supreme) that can help you maximize your online potential. Maybe you don't have a knack for writing — she'll meet with you and ask questions to bring out your more interesting quirks to include in your profile. For between $20 and $79, she will scan your answers for overused phrases, weed out your generic photos or even help you craft the perfect first message.

Hooker shared some expert advice with Metro about creating the ultimate profile, but first, we took the opportunity to ask her a question that has been burning in our minds: Why do so many girls have moustaches in their profile pictures?

"It's an epidemic," Hooker laughed. "The psychology behind it might be that you want to show a goofy side of you and it's hard to do that in a picture without looking like an idiot."

But will this trend ever die?

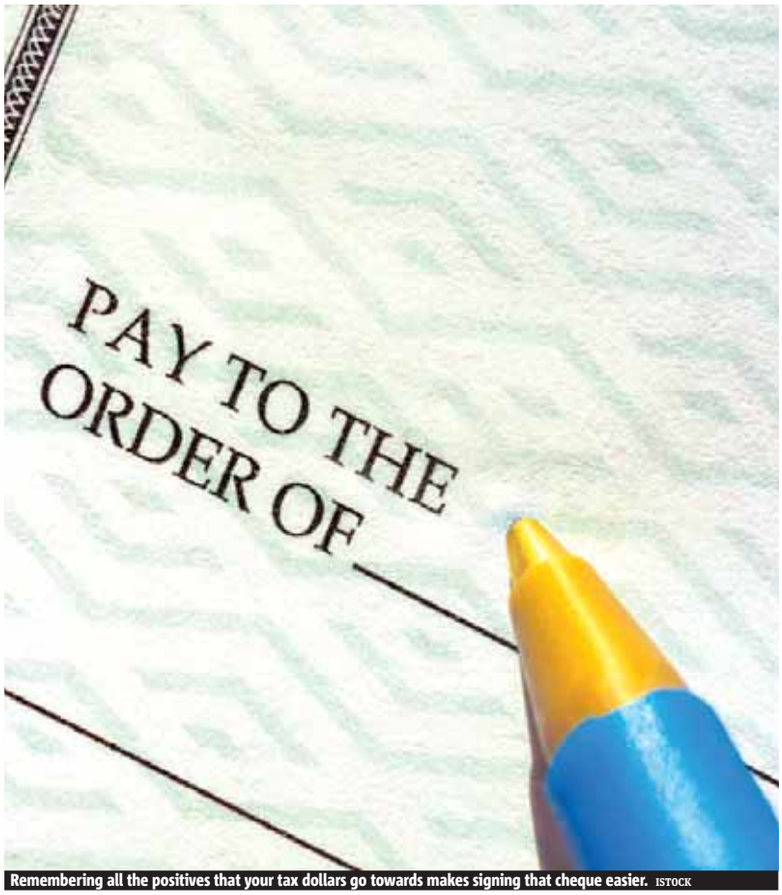
"I think people don't realize that everyone else is doing it. It's sort of the hipster lexicon of visuals," Hooker explained.

"I am going to declare that moustaches are over."

OK, now that that's cleared up, Hooker had some other tips for both men and women when it comes to those dreaded questions and answers: have a sharp, clear head shot that shows your face well; if you say you like to "have fun," for goodness sake, please elaborate; don't waste space on details that aren't necessarily interesting to potential matches (ladies, your obsession with Grey's Anatomy: fellas, your penchant for working on cars with your boys).

"Think more about what you would want to do with that person," Hooker advised.

"Instead of saying you love taking cooking classes with your best girls, say you like to cook a nice meal for someone who appreciates it."



Remembering all the positives that your tax dollars go towards makes signing that cheque easier. ISTOCK

Five reasons to feel good about filing your return

Tax time. Things to keep in mind that make parting with your money less painful

YOUR MONEY
Alison Griffiths
money@metronews.ca

My tax return is finished and I'm happy about that.

But I'm going to pay more income tax than expected. I'm not at all happy about that.

Nor does it please me that I still have to work until early June before Tax Freedom Day, after which the money I earn goes to me, rather than the government.

After stamping my feet for a bit, I reminded myself that taxes are the cost of having a civilized society. So I came up with five reasons to feel good about the government bite.

1. Unless you are Mitt Romney, it means you have a paying job! And that's nothing to sneeze at these days.

2. You're getting something in return. I like Americans and own a home in Florida, but an appalling number of my U.S. friends have an aggressive me-first attitude. They seem to think that society will simply run itself without taxes and government.

3. I'm helping care for those who need help. We are our brothers' and sisters' keepers. Canada still has a social and medical services safety net and, though not perfect, it's a lot better than nothing. Taxes make that possible.

4. When you pay more tax it means you are earning more money. A wise chartered accountant once said to me that it is better to earn more and pay more tax than be stuck at the bottom of the income ladder

5. It's less than it used to be. Marginal tax rates for the middle-income crowd ($42,000 to $85,000) have dropped from 26 per cent in 1998 to 22 per cent in 2012.

Feel better now? There is, of course, much waste and inefficiencies at all levels of government.

We should not focus on slashing, spending and lowering taxes, which is our current government's obsession, but on using those tax dollars more wisely.

We are, in large part, a kind country, and tax is the price of keeping it that way.

Alison's rule

"We all hate to pay taxes, but we'd all hate to live in country where they don't exist."

By the numbers

20%

The proportion of the average household's budget that goes to taxes (not including GST or HST).

Real Estate

Valuable home renovations

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Leslieescorgie on Twitter

Small improvements can translate into big home value. ISTOCK

After one week on the market and minimal negotiation, I sold my house Saturday night for the price and conditions I wanted.

When I purchased my home seven years ago, it was in rough shape: badly stained carpets, dreadful paint colours, rickety appliances and filthy. But the location was great, and the price point suited my small budget. I bought the house and began my journey of adding value through affordable home improvements.

Because of my limited budget, I couldn't upgrade the house all at once. So I tackled my list of improvement ideas over three years.

I consulted home renovation blogs and kicked off my improvements with a hundred hours of thorough cleaning of cabinets, drapes, floors, walls, closets and more. This allowed me to determine whether I could repair, rather than replace, certain aspects of the home. I repaired my furnace and saved $4,000.

My floors, however, stunk of dog doo and bleach. I replaced them with high quality hard wood, which was on sale because my local supplier was over-stocked. I negotiated a further discount in exchange for paying cash and taking the product that same day.

I coupled the floor installation with new paint, light fixtures, faucets, toilet seats, knobs on the cupboards and had my electrical outlets updated. Once completed, I hit up eBay, Craigslist and garage sales for gently used furniture and appliances. I bought a new stove, still in its original wrapping, for $60.

According to Bankrate.com, you can add value to your home on a shoestring budget by focusing on:

-Kitchen, bathrooms and appliances: upgrade faucets, appliances, paint, refinish cabinets, re-grout tiles, and replace knobs and toilet seats.

-Storage: reduce clutter by setting up well-designed storage spaces.

-Mechanics and plumbing: hire an electrician and plumber to fix any issues and make improvements to the 'nitty-gritty' aspects of the home.

-Lights and flooring: update light fixtures, carpets or refinishing worn-out hardwood.

Small improvements translated into a much better price for my property. Add value to your home through sweat equity and affordable upgrades.

4 SPORTS

NHL

Rangers beat Senators

Brian Boyle scored the winner in Ottawa as the New York Rangers defeated the Ottawa Senators 1-0 Tuesday night in Game 3 of the best-of-seven Eastern Conference quarter-final series.

Figure skating

Coach parts ways with Chan

Canadian figure skating star Patrick Chan has lost a coach. American Christy Krall, widely credited with helping Chan acquire the quad jump that has propelled him to the top of the podium, has resigned citing a difference in coaching philosophies. "Things were switching inside the dynamics of my partnership with Patrick," Krall said. Krall said her role had diminished while Chan's other coach Kathy Johnson, a modern dance teacher, had assumed a larger role. THE CANADIAN PRESS

On the web

After an off-season of ownership turmoil, the Los Angeles Dodgers have managed to surge out of the gate to a 9-1 start. And NL MVP runner-up Matt Kemp says the Dodgers "can definitely get higher." Scan the code for the story.

Goals start to flow as Bruins one-up Capitals

NHL. Boston manages to put four past Holtby to take series lead

Rich Peverley, centre, celebrates his goal with Chris Kelly, left and Johnny Boychuk Monday in Washington. NICK WASS/THE ASSOCIATED PRESS

Zdeno Chara scored the tie-breaking goal during four-on-four play with less than two minutes left, and the reigning Stanley Cup champion Boston Bruins finally solved playoff rookie goalie Braden Holtby, beating the Washington Capitals 4-3 Monday night to take a 2-1 lead in the first-round series.

Chara's shot from the right circle appeared to get deflected on its way past Holtby. The Bruins captain also had two assists.

Tim Thomas, last season's playoff MVP, made 29 saves and ignored the taunting from fans who held up photos of President Barack Obama, reminding Boston's goalie that he turned down a trip to the White House in January with his teammates.

Game 4 is Thursday in Washington before the series shifts to Boston for Game 5 on Saturday.

Brian Rolston, Rich Peverley and Daniel Paille also scored for the Bruins.

Alex Ovechkin, Alexander Semin and Brooks Laich got Washington's goals. Laich scored on a breakaway with six minutes left to make it 3-3, but Chara came through with 1:53 remaining for second-seeded Boston.

Holtby, who blocked 72 of 74 shots through the first two games, was good but not great Monday, making 25 saves.

There were four goals in 1 1/2 periods Monday, and a lot more hitting and fighting.

Ovechkin attempted to set the tone right away, flattening defenceman Dennis Seidenberg with a big, roar-inducing hit less than 30 seconds in. About 10 minutes later, Ovechkin was at it again, rattling Rolston, one of the five hits the Russian accumulated in the first period.

Nearly every save made by Holtby drew raucous cheers from the red-clad fans in the stands. He caught a one-on-one try by Milan Lucic in the first period, inspiring chants of "Holt-bee! Holt-bee!"

The spectators tried to bother Thomas, mocking him by chanting his name and showing signs that made reference to his decision to skip the trip to visit the president. Thomas, who was born in Michigan and went to the University of Vermont, said at the time he believes the federal government "has grown out of control." THE ASSOCIATED PRESS

Game 3

Bruins	Capitals
4	3

Playoff heavyweights find themselves on the ropes

How the mighty have fallen.

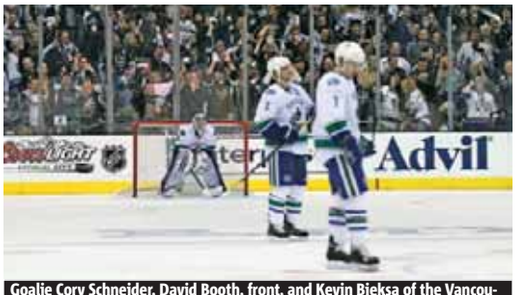
It took less than a week for the Vancouver Canucks and Pittsburgh Penguins to go from Stanley Cup contenders to potential first-round fodder. Over a matter of days, the Canucks and Penguins both dug big 0-3 holes — a deficit that has been virtually insurmountable over the history of the NHL.

"I'm surprised to see both of them on the ropes," said Kevin Weekes, a former NHLer who now works as a broadcaster for CBC.

He's far from alone.

The Canucks head into Game 4 in Los Angeles on Wednesday night looking to avoid a dubious entry in the record book — they could become the first team in the NHL's post-expansion era to finish with the most points in the regular season and get swept in the first round of the playoffs.

There isn't much debate over the difference in the series so far. Vancouver has mustered just four goals against Los Angeles goaltender Jonathan Quick through three games.


Goalie Cory Schneider, David Booth, front, and Kevin Bieksa of the Vancouver Canucks react as fans cheer Dustin Brown's goal for the Los Angeles Kings in Game 3 Sunday in Los Angeles. STEPHEN DUNN/GETTY IMAGES

Quoted

"What he's accomplished this year is probably something I've never seen before."

CBC broadcaster Kevin Weekes on the play of Kings goalie Jonathan Quick.

The Penguins have been outscored 20-12 over three games by the Philadelphia Flyers. They'll also be facing elimination on Wednesday night.

Both teams were labelled Cup favourites this spring for a good reason and could still reverse course to become the fourth franchise to come back to win a series after being down 3-0. THE CANADIAN PRESSW

Sports in pictures

1 Soccer. Muamba out of hospital

Fabrice Muamba was discharged Monday from the hospital where the Bolton midfielder had been treated since collapsing from a cardiac arrest during a game March 17. THE ASSOCIATED PRESS

2 NFL. Peyton joins Broncos

Peyton Manning arrived Monday at the Denver Broncos headquarters for the start of off-season workouts. THE ASSOCIATED PRESS

3 Tennis . Raonic ousted in Monaco

A comeback fell short for Canadian Milos Raonic in a 6-2, 3-6, 6-3 loss to Spain's Albert Montanes at the Monte Carlo Masters Monday. THE CANADIAN PRESS

NATIONAL HOCKEY LEAGUE

STANLEY CUP PLAYOFFS

All Times Eastern

FIRST ROUND

CONFERENCE QUARTER-FINALS (Best-of-7)

EASTERN CONFERENCE

N.Y. RANGERS (1) VS. OTTAWA (8)
(N.Y. Rangers lead series 2-1)
Last night's result
N.Y. Rangers 1 Ottawa 0
Saturday's result
Ottawa 3 N.Y. Rangers 2 (OT)
Tomorrow's game
N.Y. Rangers at Ottawa, 7:30 p.m.
Saturday, April 21
Ottawa at N.Y. Rangers, 7 p.m.

BOSTON (2) VS. WASHINGTON (7)
(Boston leads series 2-1)
Last night's result
Boston 4 Washington 3
Saturday's result
Washington 2 Boston 1 (2OT)
Thursday's game
Boston at Washington, 7:30 p.m.
Saturday, April 21
Washington at Boston, 3 p.m.

FLORIDA (3) VS. NEW JERSEY (6)
(Series tied 1-1)
Sunday's result
Florida 4 New Jersey 2
Tonight's game
Florida at New Jersey, 7 p.m.
Thursday's game
Florida at New Jersey, 7 p.m.
Saturday, April 21
New Jersey at Florida, 6:30 p.m.

PITTSBURGH (4) VS. PHILADELPHIA (5)
(Philadelphia leads series 3-0)
Sunday's result
Philadelphia 8 Pittsburgh 4
Tomorrow's game
Pittsburgh at Philadelphia, 7:30 p.m.
Friday's game
x-Philadelphia at Pittsburgh, 7:30 p.m.

WESTERN CONFERENCE

VANCOUVER (1) VS. LOS ANGELES (8)
(Los Angeles leads series 3-0)
Sunday's result
Los Angeles 1 Vancouver 0
Tomorrow's game
Vancouver at Los Angeles, 10 p.m.
Sunday, April 22
x-Los Angeles at Vancouver, TBD

ST. LOUIS (2) VS. SAN JOSE (7)
(Series tied 1-1)
Last night's result
St. Louis at San Jose
Thursday's game
St. Louis at San Jose, 10:30 p.m.
Saturday, April 21
San Jose at St. Louis, 7:30 p.m.

PHOENIX (3) VS. CHICAGO (6)
(Series tied 1-1)
Saturday's result
Chicago 4 Phoenix 3 (OT)
Tonight's game
Phoenix at Chicago, 9 p.m.
Thursday's game
Phoenix at Chicago, 8 p.m.
Saturday, April 21
Chicago at Phoenix, 10 p.m.

NASHVILLE (4) VS. DETROIT (5)
(Nashville leads series 2-1)
Sunday's result
Nashville 3 Detroit 2
Tonight's game
Nashville at Detroit, 7:30 p.m.
Friday's game
Detroit at Nashville, 8 p.m.

RANGERS 1, SENATORS 0

First Period — No Scoring.
Penalties — Spezza Ott (cross-checking) 2:21, Staal NYR (interference) 5:11, Prust NYR, Boyle NYR, Spezza Ott (roughing) 14:21.
Second Period — No Scoring.
Penalties — Girardi NYR (interference), Foligno Ott (roughing) 4:27, Spezza Ott (holding) 15:00.
Third Period
1. N.Y. Rangers, Boyle 3 (Callahan, Girardi) 7:35
Penalties — Callahan NYR (tripping) 12:51, Phillips Ott (slashing) 13:18.
Shots on goal by

N.Y. Rangers	8	8	7	— 23
Ottawa	12	13	14	— 39

Goal — N.Y. Rangers: Lundqvist (W,2-1); Ottawa: Anderson (L,1-2). **Power plays (goals-chances) —** N.Y. Rangers: 0-3; Ottawa: 0-3.
Attendance — 20,182 (19,153) at Ottawa.

BRUINS 4, CAPITALS 3

First Period
1. Washington, Semin 1 (Laich, Ovechkin) 16:00 (pp)
Penalties — Semin Wash (tripping) 1:14, Chara Bos (roughing) 15:31, Aucoin Wash (tripping) 17:22, Lucic Bos (roughing), Backstrom Wash (cross-checking) 20:00.
Second Period
2. Boston, Peverley 1 (Chara, Ference) 0:35
3. Washington, Ovechkin 1 (Laich, Hamrlik) 0:48
4. Boston, Paille 1 (Zanon, Campbell) 9:38
Penalties — Peverley Bos (hooking) 5:18, Backstrom Wash (tripping) 6:03, Lucic Bos, Laich Wash (unsportsmanlike conduct) 13:19.
Third Period
5. Boston, Rolston 1 (Kelly, Chara) 1:02
6. Washington, Laich 1 (Backstrom, Green) 14:00
7. Boston, Chara 1 (Bergeron, Seidenberg) 18:07
Penalties — Chimera Wash (slashing) 3:01, Seidenberg Bos (roughing) 10:17, Backstrom Wash (cross-checking) 16:46, Lucic Bos (double roughing), Hendricks Wash (roughing) 17:34, Backstrom Wash (match penalty) 20:00.
Shots on goal by

Boston	8	11	10	— 29
Washington	7	14	11	— 32

Goal — Boston: Thomas (W,2-1); Washington: Holtby (L,1-2). **Power plays (goals-chances) —** Boston: 0-5; Washington: 1-4.
Attendance — 18,506 (18,398) at Washington.

LATE SUNDAY

KINGS 1, CANUCKS 0

First Period — No Scoring.
Penalties — Brown LA (elbowing) 5:15, Lapierre Vcr (roughing) 11:21, Pahlsson Vcr (interference) 17:16.
Second Period — No Scoring.
Penalties — Penner LA (holding) 1:36, Edler Vcr (interference) 1:43, Burrows Vcr, Kopitar LA (fighting), Bieksa Vcr (roughing) 2:53, Pahlsson Vcr (interference) 5:11, Mitchell LA (cross-checking) 5:57, Lapierre Vcr (unsportsmanlike conduct) 9:20, Penner LA (charging) 12:24.
Third Period
1. Los Angeles, Brown 4 (Williams, Kopitar) 6:30
Penalties — Hamhuis Vcr (high-sticking) 12:05, Edler Vcr (delay of game) 18:23.
Shots on goal by

Vancouver	11	14	16	— 41
Los Angeles	5	6	9	— 20

Goal — Vancouver: C.Schneider (L,0-1-0); Los Angeles: Quick (W,3-0-0). **Power plays (goals-chances) —** Vancouver: 0-4; Los Angeles: 0-8.
Attendance — 18,352 (18,118) at Los Angeles.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	6	4	.600	—
Toronto	5	4	.556	½
New York	5	5	.500	1
Tampa Bay	5	5	.500	1
Boston	4	6	.400	2

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	7	3	.700	—
Chicago	5	4	.556	1½
Cleveland	4	4	.500	2
Kansas City	3	7	.300	4
Minnesota	3	7	.300	4

WEST DIVISION

	W	L	Pct	GB
Texas	8	2	.800	—
Seattle	6	5	.545	2½
Oakland	4	6	.400	4
Los Angeles	3	6	.333	4½

Yesterday's results
Baltimore 10 Chicago White Sox 4 (10 innings)
Detroit 3 Kansas City 2
Minnesota 7 N.Y. Yankees 3
Tampa Bay 1 Boston 0
Oakland at L.A. Angels
Sunday's results
Toronto 9 Baltimore 2
Boston 6 Tampa Bay 4
Cleveland 13 Kansas City 7
Detroit 5 Chicago White Sox 2
N.Y. Yankees 11 L.A. Angels 5
Seattle 5 Oakland 3
Texas 4 Minnesota 3
Tonight's games — All Times Eastern
Minnesota (Liriano 0-1) at N.Y. Yankees (Sabathia 0-0), 7:05 p.m.
Tampa Bay (Niemann 0-1) at Toronto (Romero 1-0), 7:07 p.m.
Texas (Lewis 1-0) at Boston (Lester 0-1), 7:10 p.m.
Baltimore (W.Chen 0-0) at Chicago White Sox (Danks 1-1), 8:10 p.m.
Detroit (Smyly 0-0) at Kansas City (B.Chen 0-0), 8:10 p.m.
Oakland (T.Ross 0-0) at L.A. Angels (Haren 0-1), 10:05 p.m.
Cleveland (Masterson 0-1) at Seattle (Millwood 0-0), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	8	3	.727	—
New York	7	3	.700	½
Atlanta	5	5	.500	2½
Philadelphia	4	5	.444	3
Miami	4	6	.400	3½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	7	3	.700	—
Cincinnati	4	6	.400	3
Houston	4	6	.400	3
Milwaukee	4	6	.400	3
Pittsburgh	3	6	.333	3½
Chicago	3	7	.300	4

WEST DIVISION

	W	L	Pct	GB
Los Angeles	9	1	.900	—
Arizona	6	3	.667	2½
San Francisco	4	5	.444	4½
Colorado	4	6	.400	5
San Diego	3	8	.273	6½

Last night's results
N.Y. Mets 6 Atlanta 1
San Diego 7 Colorado 1
Washington 6 Houston 3
Pittsburgh at Arizona
Philadelphia at San Francisco
Sunday's results
Arizona 5 Colorado 2
Atlanta 7 Milwaukee 4
Cincinnati 8 Washington 5 (11 inn.)
L.A. Dodgers 5 San Diego 4
Miami 5 Houston 4 (11 innings)
Philadelphia 8 N.Y. Mets 2
Pittsburgh 4 San Francisco 1
St. Louis 10 Chicago Cubs 3
Tonight's Games — All Times Eastern
Houston (W.Rodriguez 0-1) at Washington (G.Gonzalez 0-0), 7:05 p.m.
Chicago Cubs (Dempster 0-1) at Miami (Jo.Johnson 0-2), 7:10 p.m.
N.Y. Mets (J.Santana 0-1) at Atlanta (Delgado 1-0), 7:10 p.m.
L.A. Dodgers (Billingsley 2-0) at Milwaukee (Gallardo 1-1), 8:10 p.m.
Cincinnati (Cueto 1-0) at St. Louis (Lohse 2-0), 8:15 p.m.
San Diego (Bass 0-1) at Colorado (Moyer 0-2), 8:40 p.m.
Pittsburgh (Karstens 0-1) at Arizona (I.Kennedy 2-0), 9:40 p.m.
Philadelphia (Blanton 1-1) at San Francisco (Bumgarner 1-1), 10:15 p.m.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	14	7	7	.500	170	172	—
x-Philadelphia	14	7	7	.500	159	183	—
x-Rochester	14	6	8	.429	173	176	1
Buffalo	14	5	9	.357	167	179	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Colorado	14	11	3	.786	193	171	—
x-Calgary	15	11	4	.733	207	164	½
x-Minnesota	14	7	7	.500	171	167	4
Edmonton	13	5	8	.385	136	143	5½
Washington	14	4	10	.286	150	171	7

x — clinched playoff berth.
Saturday's results
Edmonton 11 Buffalo 8
Rochester 14 Calgary 12
Colorado 19 Toronto 12
Minnesota 14 Washington 9
Friday's games — All Times Eastern
Edmonton at Colorado, 9 p.m.
Toronto at Washington, 11 p.m.
Saturday's games
Rochester at Buffalo, 7:30 p.m.
Philadelphia at Minnesota, 8 p.m.
Calgary at Edmonton, 9 p.m.

GOLF

PGA FEDEXCUP

Through April 15

	Points	Money YTD
1. Hunter Mahan	1,378	US $3,094,040
2. Bubba Watson	1,322	$3,124,138
3. Phil Mickelson	1,136	$2,515,481
4. Carl Pettersson	1,111	$2,145,253
5. Johnson Wagner	1,056	$2,008,193
6. Rory McIlroy	1,045	$2,424,000
7. Kyle Stanley	964	$2,008,919
8. Justin Rose	948	$2,175,206
9. Mark Wilson	932	$1,927,685
10. Brandt Snedeker	888	$1,757,814
11. Tiger Woods	875	$1,811,000
12. Bill Haas	865	$1,806,659
13. Keegan Bradley	795	$1,609,692
14. Steve Stricker	734	$1,497,210
15. Luke Donald	705	$1,379,706
16. Zach Johnson	682	$1,241,525
17. Ben Crane	627	$1,268,431
Also		
125. Graham DeLaet	**138**	**$190,190**
127. Stephen Ames	**133**	**$152,397**
141. David Hearn	**109**	**$179,619**

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	46	15	.754	—
y-Miami	43	17	.717	2½
x-Indiana	39	22	.639	7
x-Boston	36	25	.590	10
x-Atlanta	36	25	.590	10
x-Orlando	36	25	.590	10
New York	31	29	.517	14½
Philadelphia	31	29	.517	14½
Milwaukee	29	31	.483	16½
Detroit	22	38	.367	23½
New Jersey	22	40	.355	24½
Toronto	22	40	.355	24½
Cleveland	20	39	.339	25
Washington	15	46	.246	31
Charlotte	7	53	.117	38½

WESTERN CONFERENCE

	W	L	Pct	GB
y-Oklahoma City	44	16	.733	—
y-San Antonio	42	16	.724	1
x-L.A. Lakers	39	22	.639	5½
x-L.A. Clippers	37	23	.617	7
Memphis	35	25	.583	9
Dallas	34	27	.557	10½
Denver	34	27	.557	10½
Houston	32	29	.525	12½
Phoenix	31	29	.517	13
Utah	31	30	.508	13½
Portland	28	33	.459	16½
Minnesota	25	37	.403	20
Golden State	22	37	.373	21½
Sacramento	20	41	.328	24½
New Orleans	19	42	.311	25½

d — division leader; **x** — clinched playoff berth; **y** — clinched division

Last night's results
Atlanta 109 Toronto 87
Denver 105 Houston 102
Indiana 111 Minnesota 88
Miami 101 New Jersey 98
New Orleans 75 Charlotte 67
Orlando 113 Philadelphia 100
Washington 87 Chicago 84
Dallas at Utah
Portland at Phoenix
San Antonio at Golden State
Oklahoma City at L.A. Clippers
Sunday's results
Toronto 102 Atlanta 86
Boston 94 Charlotte 82
Chicago 100 Detroit 94 OT
Denver 101 Houston 86
L.A. Lakers 112 Dallas 108 OT
Miami 93 New York 85
New Orleans 88 Memphis 75
Orlando 100 Cleveland 84
Sacramento 104 Portland 103
Tonight's games — All Times Eastern
Indiana at Philadelphia, 7 p.m.
Cleveland at Detroit, 7:30 p.m.
Memphis at Minnesota, 8 p.m.
Boston at New York, 8 p.m.
San Antonio at L.A. Lakers, 10:30 p.m.

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS

Through April 14
1. Greg Biffle, 273 points; 2. (tie), Matt Kenseth and Dale Earnhardt Jr., 254; 4. Martin Truex Jr., 253; 5. Kevin Harvick, 249; 6. Denny Hamlin, 242; 7. Tony Stewart, 234; 8. Jimmie Johnson, 233; 9. Ryan Newman, 225; 10. Clint Bowyer, 219.
11. Carl Edwards, 215; 12. (tie), Paul Menard and Joey Logano, 192; 14. Kyle Busch, 184; 15. Brad Keselowski, 183; 16. Jeff Burton, 179; 17. Jeff Gordon, 177; 18. Juan Pablo Montoya, 174; 19. A J Allmendinger, 172; 20. Mark Martin, 170.

HAWKS 109, RAPTORS 87

ATLANTA (109)
Jo.Johnson 6-13 4-5 18, Smith 6-15 3-6 15, Collins 0-2 0-0 0, Teague 6-11 6-8 19, Hinrich 3-6 0-0 6, I.Johnson 9-13 3-4 21, Williams 5-11 5-7 16, Radmanovic 1-2 0-0 3, McGrady 3-7 4-6 11, Pargo 0-0 0-0 0. Totals 39-80 25-36 109.
TORONTO (87)
Anderson 4-8 2-2 12, A.Johnson 4-8 0-0 8, Gray 0-0 0-0 0, Uzoh 2-11 0-0 4, DeRozan 8-14 5-5 22, Ja.Johnson 7-11 3-5 18, Alabi 4-9 0-0 8, Davis 3-6 0-0 6, Forbes 3-12 3-4 9. Totals 35-79 13-16 87.

Atlanta	30	24	25	30	—109
Toronto	32	19	17	19	—87

3-Point Goals—Atlanta 6-21 (Jo.Johnson 2-6, Radmanovic 1-1, McGrady 1-3, Teague 1-3, Williams 1-3, Hinrich 0-2, Smith 0-3), Toronto 4-9 (Anderson 2-4, DeRozan 1-1, Ja.Johnson 1-1, Forbes 0-3). Fouled Out—None. Rebounds—Atlanta 50 (Smith 9), Toronto 49 (Uzoh 10). Assists—Atlanta 28 (Teague 10), Toronto 20 (Uzoh 8). Total Fouls—Atlanta 13, Toronto 27. Technicals—Toronto defensive three second 2. A—15,992 (19,800) at Toronto.

HOCKEY

IIHF MEN'S UNDER-18 WORLD CHAMPIONSHIP

PRELIMINARY ROUND

GROUP A

	GP	W	OTW	OTL	L	GF	GA	Pt
U.S.	3	3	0	0	0	13	0	9
Canada	**3**	**2**	**0**	**0**	**1**	**14**	**7**	**6**
Finland	3	2	0	0	1	9	7	6
Czech Republic	3	1	0	0	2	10	15	3
Denmark	4	0	0	0	4	6	23	0

GROUP B

	GP	W	OTW	OTL	L	GF	GA	Pt
Sweden	4	3	0	0	1	18	10	9
Russia	3	2	0	0	1	14	5	6
Latvia	4	2	0	0	2	11	15	6
Germany	3	1	0	0	2	9	15	3
Switzerland	2	0	0	0	2	4	11	0

Note: Three points for a regulation win, two for an overtime win and one for an overtime loss.
Yesterday's results
At Brno, Czech Republic
Canada 6 Czech Republic 2
Finland 5 Denmark 1
At Znojmo, Czech Republic
Latvia 5 Germany 4
Russia 6 Sweden 0
Today's games — All Times Eastern
At Brno, Czech Republic
Czech Republic vs. Finland, 10 a.m.
U.S. vs. **Canada**, 2 p.m.
At Znojmo, Czech Republic
Sweden vs. Russia, 10 a.m.
Switzerland vs. Germany, 2 p.m.
End of Preliminary Round

SOCCER

ENGLAND

PREMIER LEAGUE

Arsenal 1 Wigan 2

FRANCE

LIGUE 1

Rennes 3 Nice 1

SPAIN

LA LIGA

Getafe 5 Sevilla 1

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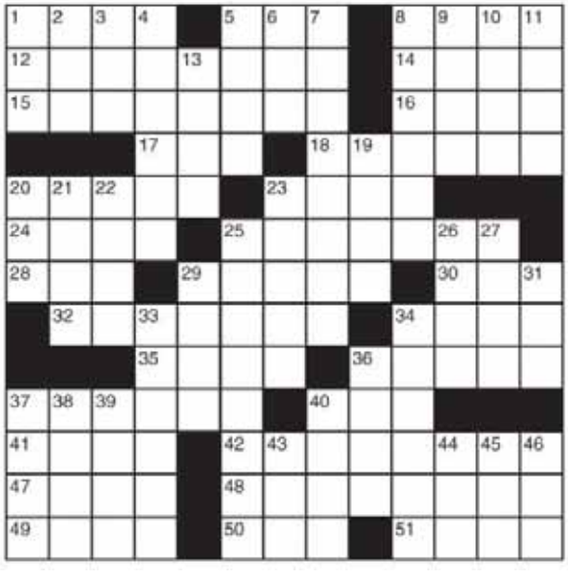
Crossword

Across

1 Spirited horse
5 Needlefish
8 Roe provider
12 Collection of information
14 Cab
15 Like some grapes
16 Hold the scepter
17 Dolores — Rio
18 Act of grooming oneself
20 Tartan pattern
23 Incursion
24 Mysterious letter
25 Foolish
28 Superlative suffix
29 Hereditary bits
30 Atmosphere
32 Bad with a bat
34 Pre-swan
35 Croupier's tool
36 Charmer's pet
37 Turn into
40 [Uncorrected]
41 Beige
42 Unnecessary
47 Fleet component
48 Carriage
49 "It's good — the king"
50 Tackle moguls
51 — ex machina

Down

1 Billboards
2 Actress Charlotte
3 Dined on
4 Villain
5 Author Greene
6 Donkey
7 Paraphrases
8 Pace
9 Amount of booty
10 Wheel-base ter-minus
11 Regimen
13 Evidenced a pinprick
19 Rembrandt's supply
20 Opposite of "post-"
21 Luxurious
22 Con
23 Rid of lather
25 Saturdays and Sundays
26 Long story
27 Fabric made by worms
29 Glitz
31 Deli bread
33 Acting company
34 Naked
36 Faction
37 Top-rated
38 Reverberate
39 Nursery item
40 Big rig
43 "A mouse!"
44 Compass letters
45 Old French coin
46 4th-yr. students



Sudoku

					6	3	1	
9		8	2			6		
				1				
4							7	5
8	5		4		7		9	3
2	9							8
				6				
		3			8	9		7
	8	2	7					

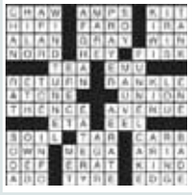
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	4	3	9	1	8	6	7	5
8	9	5	2	6	7	3	4	1
6	7	1	3	4	5	8	2	9
9	3	7	4	8	2	5	1	6
5	6	4	1	7	3	9	8	2
1	2	8	6	5	9	7	3	4
3	1	2	7	9	6	4	5	8
4	5	9	8	3	1	2	6	7
7	8	6	5	2	4	1	9	3

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

DN KLR ZDJC UN LWBSFTMZA LTX T BTQR UNNASYDJC, HUWQX LR FR MTQQRX KLR SYDJMR UN HLTQRA?

Yesterday's Cryptoquip: WHEN SOMEONE ANSWERS "NO" TO "WILL YOU MARRY ME?", I SUPPOSE THAT'S PROPOSITION OPPOSITION.

Today's Cryptoquip Clue: N equals F

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TUESDAY	WEDNESDAY	THURSDAY
MAX: 2° MIN: -3°	MAX: 6° MIN: -4°	MAX: 12° MIN: 3°

BT BREAKFAST TELEVISION

MICHELE MCDOUGALL
WEATHER SPECIALIST
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 5:30 AM**

Horoscope

Aries | March 21 - April 20. You may be tempted to ignore a colleague's advice today and take the kind of risk you would normally prefer to avoid.

Taurus | April 21 - May 21. Although you are tempted to force through changes you know other people won't approve of, it might be better to wait and see how things develop.

Gemini | May 22 - June 20. All things are possible if you truly believe.

Cancer | June 21 - July 22. Find a quiet, secluded place and listen to your own inner voice.

Leo | July 23 - Aug. 22. Ignore those who say you should discuss what you are planning to do and just get on and do it.

Virgo | Aug. 23 - Sept. 22. The planets urge you to think before you act and act only if you really have to.

Libra | Sept. 23 - Oct. 22. Everything will work out for the best in the end — somehow it always does.

Scorpio | Oct. 23 - Nov. 21. You can usually be trusted to think logically and not let your emotions get the better of you, but that could be difficult today.

Sagittarius | Nov. 22 - Dec. 21. Refuse to get involved in anything you have doubts about.

Capricorn | Dec. 22 - Jan 20. Try not to say anything that might upset the people you work with, especially those in positions of authority.

Aquarius | Jan. 21 - Feb 18. Even minor disputes could get out of hand today, so make a promise to yourself right now that, whatever the provocation, you will greet everyone with a smile and not let negative words get under your skin.

Pisces | Feb. 19 - March 20. Everyone knows how sensitive you can be but even by your standards you will go over the top today.

SALLY BROMPTON

Caption Contest

"Wait a sec ... which way???"
Elizabeth

TODD YATES/CORPUS CHRISTI CALLER-TIMES, THE ASSOCIATED PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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*O.A.C. Limited time offer. Subject to change. See dealer for details. **Bi-weekly payment based on a new 2012 Civic Sedan DX MT model #82E2EX through Honda Financial Services. COB $1,181.74 for a total obligation of $17,666.74. GST, license, insurance, tax, fees are extra. See dealer for details.
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2004 INFINITY G35 SEDAN	2008 SATURN ASTRA XR	2008 CHRYSLER TOWN & COUNTRY LIMITED	2010 MITSUBISHI LANCER SE	2012 CHRYSLER 200 LX SEDAN	2008 GMC SIERRA 1500 SLT GFX PKG
#2JN3185A	#1R15792A, 3 DOOR	#EL3167, LOADED.	#2R18990A	#EN3169	#2R14683A
$9,860	**$8,980**	**$23,860**	**$18,860**	**$19,640**	**$23,860**
2011 NISSAN ROGUE SL AWD	2012 DODGE RAM 1500 SLT CREW CAB 4X4	2011 JEEP COMPASS 4X4 NORTH	2003 TOYOTA SEQUOIA LTD	2005 DODGE RAM SRT-10 QUAD CAB (VIPER ENGINE) AUTO	2011 DODGE GRAND CARAVAN SE
#EN3161	#EN3130	#EN3147	#2R12958A	#2R18588A	#EN3134
$24,240	**$32,860**	**$23,470**	**$15,860**	**$26,240**	**$21,860**
2012 JEEP GRAND CHEROKEE LAREDO V6	2012 DODGE AVENGER SXT (AUTO)	2009 MITSUBISHI GALANT ES (LOADED)	2010 HYUNDAI SANTA FE GL AWD V6	2011 DODGE RAM 1500 SLT CREW	2009 HONDA RIDGELINE VP CREW CAB
#EN3165	#EN3153	#2R16728A	#P3143	#EN3090	#2R12720A
$36,860	**$20,220**	**$14,340**	**$25,640**	**$27,860**	**$28,640**
2005 DODGE DAKOTA SLT 2WD V8	2008 PONTIAC G6 SE V6 (AUTO)	2012 KIA SORENTO LX AWD V6	2009 CHEVROLET UPLANDER LS V6 (7 PASS) LOW KMS	2007 DODGE SPRINTER 2500 RAISED ROOF EXT	2009 LINCOLM MKX LIMITED (LOADED)
#2R12732A	#12S0575A	#2R12794A	#2GC8527A	#2T43410C	#2R13356A
$10,740	**$12,740**	**$30,860**	**$13,860**	**$34,620**	**$33,660**

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2005 DODGE RAM SRT10 QUAD #2R18588A

2008 FORD FOCUS SES COUPE #2AV3794A, LEATHER/SUNROOF, $11,840.00

2008 FORD F-350 HARLEY DAVIDSON #2R17549A

2009 TOYOTA CAMRY SE SEDAN #2R11001A, $23,280.00

2011 BMW 323i #2R19090A

2007 JEEP WRANGLER 2 DR. WRANGLER SAHARA #EL3149

2009 HONDA RIDGELINE EX-L #2R12720A

2000 FORD MUSTANG CONVERTIBLE #2FT2867A, $8,820.00

2008 JEEP WRANGLER UNLIMITED SAHARA #2T47954A

2011 FORD EXPEDITION XLT 4X4 #EN3145, LEATHER/SUNROOF, $37,860.00

2009 LINCOLN MXK LTD #2R13356A

2010 CHEVROLET CAMARO SS #2R13701A, 6.2L/6 SPEED, ONLY 4,600KMS, $34,870.00

2010 HONDA CIVIC LX COUPE #2R17364A, AUTO/SUNROOF, $18,470.00

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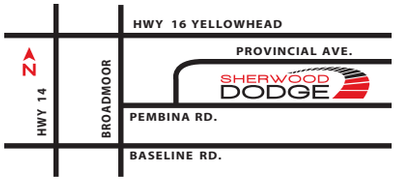

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All prices net of any dealer discounts and manufacturer rebates and do not include applicable taxes or GST. Subvented (discounted) interest rates not available on all models, see dealer for details. "No charge Cummins engine" and "No charge Hemi engine" are available on new 2011 models. Payments are 'OAC' and based on longest available terms, i.e.: New 2011 Ram 1500 Q/C 4x4 SXT, $157 b/w for 96 monts, 5.99%, cob: $6622. Vehicles may not be exactly as illustrated, file photos used. Please contact dealer with questions or for further clarifications.